

Woman's Page

How to Fight the High Cost of Living

Learn to Save—High Priced Meats Not Always Best—How to Cook Lamb—Importance of Fresh Air—Deep Breathing—Discovery of French Scientists—Drink Plenty of Water—Recipes.

THEY LEARNED TO SAVE

Not until we found it imperative to save did we wake up, but when we did we "got busy." From a \$40 a month apartment—everything else in proportion—we moved to one renting for \$20. There are three rooms with bath and small kitchen and modern convenience.

Instead of the \$1.20 leg of lamb I buy the shoulder for 40 or 50 cents and that serves us three times—first roasted with mint sauce, then sliced and heated in the gravy, or sliced cold, then the small bits made into croquettes or mixed with scrambled eggs or made into baked hash. More people should know that the meat of the shoulder of lamb is finer and more delicate than the leg. About two cups of juice can be strained from a can of solid tomatoes. Make a jelly of this by taking a heaping teaspoonful of gelatin dissolved in a little cold water, stir into scalding juice already seasoned to taste with salt, paprika, one bay leaf, and onion or garlic; strain into mold wet with cold water. When cool this can be put on ice and will keep some time. It is fine to serve on lettuce with French dressing—either by spoonful or in individual molds, to take the place of fresh tomatoes when they are high or out of season. The solid part of the tomatoes will serve two meals, either heated on toast or in an omelette.

Instead of buying the expensive maple syrup I get one pound of brown sugar for 6 cents. Pour over it one teaspoon boiling water, let simmer for from two to five minutes, and it is just as palatable as the bottled goods, and it is pure. Seven cents' worth of beef liver, skin removed, wiped with damp cloth, rolled in flour, and carefully cooked in bacon dripping with fried onions "on the side" and baked potatoes we find nice occasionally.

"R. J. C."

RECIPES

Green Cucumber Pickle

"Editor Woman's Page." I am enclosing a recipe for a dish which I feel is far above the average for dishes of this kind. It is a good accompaniment for meats. Twelve large cucumbers, sliced, not pared; six large onions, sliced. Let stand in salt water overnight, in the morning rinse in cold water, then add two tablespoons of olive oil, one tablespoon of white mustard seed, one tablespoon of celery seed. Cover all with vinegar.

"M. J. P."

Lemon Pie With Top and Bottom Crust

One lemon peel, cut into quarter inch pieces, cook in two cups water until tender. Slice lemon thin, take out all seeds, to juice and peel of one lemon use one cup sugar and two eggs. Mix thoroughly. Pour cooked peel and water it was stewed in over batter; sprinkle a little flour on top of batter before putting on pie crust.

Sour Cream Cake

One-third cup cottage cheese, scant cup sugar, two eggs (beat whites and yolks separately), one-half teaspoon cinnamon, one teaspoonful caraway seeds if desired, one cup sour cream, one teaspoon soda, one and one-half cups flour. Bake in loaf for forty minutes.

THE IMPORTANCE OF AIR

French scientists have discovered a method of injecting oxygen directly into the blood, thus supplying life giving gas to tissue when the lungs or heart, weakened by sickness, lack in necessary energy.

The action of oxygen thus applied is but another favorable argument in support of the high importance of getting a sufficient supply of clean air. Air and sunshine will cure many ills when there is confidence in the treatment and a thorough knowledge of just what oxygen means to the body. Breathing is the most common prac-

tice in the world, consequently it is the most abused.

Because of the great need of oxygen the skin of the body was fashioned by nature for its absorption. We breathe through our pores as well as by the lungs.

Great benefit comes from the "oxygen habit." After the bath try the effect of sitting in your bedroom for half an hour without being fully dressed. Let the pores of the body breathe in the air. It will be found that the practice is more invigorating than a tonic. And in a little while the effect will be that one will not think of the water bath without associating with it, as being of equal importance, the air bath.

The physical cause of supplying the body with oxygen is, of course, through the blood which picks up the gas in the lungs and distributes it through the smallest capillary.

When the "air bath" is taken, oxygen is carried into all parts of the body through the pores and assimilated without taxing the heart and lungs.

Practically this is proved by the practicing of injecting, by means of a hypodermic needle, oxygen from a tank. There will be a slight swelling which will quickly disappear as the tissue absorbs the gas.

Where it is possible sunshine should be administered to the entire body with the same care as oxygen—the combination means health and strength, without which there can be no physical beauty.

DRINK WATER.

By all means drink water during the day. One should drink about two quarts of water a day, but between meals. Water is as necessary to keep the system and complexion in good condition as food. Take a cup of hot water every morning before breakfast, and several glasses of water between meals, and one before retiring. Water is also necessary to keep the skin in good condition. Use water and a good soap on your face and hands as often as necessary.

OPPOSE DALY FRANCHISE

Park City, June 4.—P. B. Eawyer, vice president and general manager, S. R. Inch, general superintendent, and W. S. McCormick, senior vice president of the Utah Power & Light company, spent yesterday afternoon in this city in conference with the mayor and members of the city council in regard to blocking the proposed franchise which has been asked for by L. A. Jeffs for the Daly Mining company.

The three came up to find out what would be required of their company in the way of making reduced rates and whether or not the service was satisfactory to local consumers.

It was decided by the mayor and council that the Utah Power & Light company, now operating in this city, submit its proposition to the council and that it would be given consideration.

Mr. Jeffs, who is the acting agent for the Daly company, will likely be present at the next council meeting, which will be held Thursday evening and an effort will be made by him, it is said, to have the franchise for his company granted.

SUBMARINE TENDER WILL BE NEW TYPE

Washington, June 5.—Plans for the submarine tender Bushnell, made public at the navy department today, disclose the fact that the vessel not only is to be an entirely new type in the navy, but will be altogether unique.

MISS PANKHURST EDITS SUFFRAGETTE PAPER IN PARIS



Christobel Pankhurst.

Paris, June 2.—(Special.)—Despite the protests of a large body of anti-suffragists in England, Miss Christobel Pankhurst, daughter of the militant leader, Mrs. Emmeline Pankhurst, is still permitted to publish her paper, The Suffragette, in Paris. This paper, which breathes the spirit of war in every paragraph, is printed here and thousands of copies mailed every week to England, where they are sold by suffragist sympathizers. Miss Pankhurst admits that she wouldn't dare try to edit her paper anywhere in England. It is the militants' official organ.

Although the authorities here refuse to suppress The Suffragette, Miss Pankhurst has been given a cold shoulder everywhere by French women. They regard the English girl and her comrades as maniacs.

as a war craft. The contract for the construction of the Bushnell was awarded to a shipbuilding concern in Seattle, Wash. Her cost will be close to one million dollars and she is to be completed within 21 months.

The Bushnell is designed as a "mother ship" for a squadron of submarines and many roomy state rooms will be provided for the officers and crews of the submarines when they are not actually cruising. Powerful hoisting apparatus will be installed where with a submarine damaged or sunk, can speedily be lifted to the surface of the sea and a towing machine will enable the "mother boat" to tow five of her brood at one time. The little fleet will be independent of a home station, for a well-equipped machine shop aboard the Bushnell will permit of speedy repairs while capacious tanks are to be installed to carry sufficient oil and gasoline to supply the submarines for many weeks.

The Bushnell herself will be driven by a single screw turned by turbines. Her displacement will be 2,500 tons and with a battery of four five-inch rapid fire guns and a torpedo tube she will be able to protect her charges from torpedo boats and destroyers.

TODAY IN CONGRESS

Washington, June 5.—Senate: In session 2 p. m. Lobby investigating committee continued hearings.

Commerce committee voted to favorably report a bill to delay customs service reorganization until January 1, 1914.

Mrs. Laura Kellogg before Indian affairs committee condemned Indian education system and Indian bureau. Finance committee continued consideration of the tariff bill.

House: Not in session; meets noon Friday.

WOMAN SUES FOR WAGES

Provo, June 4.—Clara M. Winn has brought suit in the district court against Alvin Boardman to collect \$400, alleged to be due her as wages as housekeeper for the past two years.

ITCHING ON HANDS, ARMS AND LEGS

Whole Body on Fire. Little White Blisters. Scratched and Formed Sore. Cuticura Soap and Ointment Cured in Less Than 10 Days.

"1754 O'Farrell St., San Francisco, Cal.—"The itching I had started with no itching on my hands, arms and legs. In fact it seems my whole body was on fire. It began between my fingers with little white blisters which I scratched and they formed into a very raw sore which itched terribly. I used to get relief by squeezing the little pimples out whenever they itched, and for the time being it gave me comfort, then they would start itching again. I kept on squeezing, which of course took the scab off each time, and then the sores got bigger and bigger until I had no rest at all. My body was like a spotted leopard covered with sores of all sizes. I was covered with small sores as big as one's little finger nail. I had them on the top of my head and they itched so as to keep me from putting a comb on it. All I used was a soft brush. Water used to make it burn and it didn't feel very pleasant to use it. Doing my regular work bothered me, as I have to use my hands constantly. I had to leave my work twice a week on account of it."

"I tried all patent and advertised remedies, which did me no good. I didn't know what a good night's sleep was for over four months until I took the Cuticura Soap and Ointment. In less than ten days I was cured and have been in good health since." (Signed) L. Greenwood, May 14, 1912.

Cuticura Soap 25c. and Cuticura Ointment 25c. are sold everywhere. Liberal sample of each mailed free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. T, Boston."

62-Tender-faced men should use Cuticura Soap Shaving Stick, 25c. Sample free.

COMMITTEE ON BUDGET

Method of Handling Appropriation Bills Will Be Selected From Plans Submitted By Fitzgerald and Sherley—Will Make Later Report

Washington, June 5.—Reforms designed to systematize the methods by which appropriation bills, some times running up to the billion dollar mark, are framed and presented to the house, were taken up today at a meeting of the house budget committee.

Representative Underwood of Alabama, the Democratic leader; Palmer of Pennsylvania, the Democratic caucus chairman; Fitzgerald, of New York, chairman of the appropriations committee, and Sherley of Kentucky, one of the original budget reform advocates, had agreed to choose between the Fitzgerald and Sherley plans of budget reforms. These are:

Fitzgerald plan: Add to the membership of the appropriations committee the chairmen of military, naval, foreign and all other committees that report appropriation bills, so as to bring back to the appropriations committee the exclusive jurisdiction and power over appropriations; enough minority members to be added to preserve the political proportions of the committee; the committee to be prohibited from appropriating for anything not already authorized.

Sherley plan: A budget committee to regulate appropriations, to consist of the four men at the top of the membership list of the ways and means committee; four at the top of the appropriations committee, two at the top of the finance committee, and the chairmen of each of the other appropriating committee with one minority member from each of all those committees.

The budget committee would report at the beginning of the session of congress next December the maximum that should be appropriated at the session, with allotments to the various committees and the budget committee would have power to limit the total of authorizations for appropriations.

Advice to Those Who Have Lung Trouble

Pulmonary Lung Trouble is said to be curable by simply living in the open air and taking an abundance of fresh eggs and milk. Do all you possibly can to add to strength and increase weight; eat wholesome, nourishing food, and breathe the cleanest and purest air, and then, if health and strength do not return, add the tonic and beneficial effects of Eckman's Alternative. Read what it did in this case:

405 E. 5th St., Wilmington, Del. "Gentlemen: In January, 1908, I was taken with hemorrhages of the lungs. I took eggs and milk in quantities, but I got very weak. Mr. C. A. Lippincott, my employer (Lippincott & Co., Department Store, 305 to 314 Market street, Wilmington, Del.), recommended to me Eckman's Alternative and upon his suggestion I began taking it at once. This was about June, 1908. I continued faithfully, using no other remedy, and finally noticed the clearing of the lungs. I firmly believe Eckman's Alternative saved my life."

(Affidavit) JAS. SQUIRES. (Above abbreviated; more on request.)

Eckman's Alternative has been proven by many years' test to be most efficacious in cases of severe Throat and Lung Affections, Bronchitis, Bronchial Asthma, Stomach Colds and in upbuilding the system. Does not contain narcotics, poisons or habit-forming drugs. For sale by A. R. McIntyre, The Radcon Pharmacy, T. H. Carr, Culley Drug Co., Marshall Drug Co., Cave Drug Co., and other leading druggists. Write the Eckman Laboratory, Philadelphia, Pa., for booklet telling of recoveries and additional evidence.

TELEPHONE COMPANY ANNOUNCES CHANGES

Salt Lake, June 5.—In order to further systematize its business, the Mountain States Telephone & Telegraph company, through its local offices, yesterday announced that the construction headquarters for the western division of the concern would be at once moved from Denver, Colo., to Salt Lake.

This work will be placed under the jurisdiction of H. W. Kline, division plant superintendent. Formerly all this work has been under the jurisdiction of and directed from the Denver office.

A. S. Peters, division engineer of the company, who has in the past reported to the Denver headquarters, will in the future be directly under A. H. DeNike, general manager of this division. The new office which Mr. Peters will occupy will be known as "division construction engineer."

While there will be several men brought here from Denver, by far the greatest benefit to accrue to Salt Lake will be the transfer of the pay roll of the workmen engaged in construction of the Denver office. These men will hereafter be under direct charge of H. W. Kline.

While no definite figures are known to Mr. DeNike at this time, he estimated last night that the increase in the local payroll will aggregate in the last \$2,000 a week, a total of more than \$100,000 a year, which will be paid out through the local banks.

GUESS WHOSE.

Heck—Some one calls the tongue an unruly member. Peck—In our house it's the ruling member.

PERSISTENT.

"Will you marry me?" "No, a thousand times, no." "Well, will you if I ask you a thousand and one times?"

CHARACTERISTIC.

An Irish doctor sent this bill to a lady: "To curing your husband till he died, 25 pounds."

Pearl Line
JAMES PYLE'S
PEARLINE
WASHING COMPOUND
THE GREAT INVENTION
FOR SAVING TOILET EXPENSE
WITHOUT INJURY TO THE
TEXTURE, COLOR OR HANDS
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Our Agents Will Call at Your Door to offer you
One 10c Package SOPADE—FREE
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Manufactured only by JAMES PYLE & SONS, Edgewater, N. J.
Makers of PEARLINE for over 30 years.

HE DECLARES HE IS PRESIDENT'S FRIEND MOTHERHOOD PROTECTION

Paris, June 5.—The question of the protection of working women in France during motherhood came up in the Chamber of Deputies today and gave rise to a lively debate. Deputy Fernand Engeland offered a measure to compel employers to continue paying the wages of working women during four weeks in case they are absent from their employment owing to motherhood.

"France and Turkey are the only European countries in which motherhood is not protected," he declared. "The death rate among children put out to nurse in France is sixty per cent, while that among children nursed by their mothers is only 12 per cent."

"The number of births in Germany exceeds the deaths by 800,000 annually. In France the excess is only 40,000."

"If France had passed a measure of this kind twenty years ago," said Deputy Henri Schmidt, "the chamber of deputies would not be obliged now to vote a law for Frenchmen to serve three years in the army; nor to appropriate the many billions we are called upon to spend."

THE COST OF LUNCHING.

"Do you charge for bread and butter in this restaurant?"
"No, sir."
"Then gimme some."—Life.

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Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold Boxes. Beware of cheap imitations. Take no other. They cure Constipation, Biliousness, Headache, Indigestion, etc. Sold by Druggists Everywhere.

SCREEN DOORS

Call at Volker Lumber Company and select your SCREEN DOOR. We have a large assortment and can give you satisfaction. PRICES LOWER THAN ANYWHERE IN THE STATE.

Keep out the flies—If you want to build, call at our yard—we have the largest and best stock in town at the lowest prices. If you intend to build, call at our office and examine our plans. We will furnish you plans and specifications for the nicest BUNGALOWS you have ever seen.

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Yards at 237-245 24th St. J. W. F. VOLKER, Manager
Phone 612.

WANTED

to buy horses and mules—will be at Union Stock Yards in Ogden all day Friday, and Saturday forenoon, June 6 and 7—all kinds of good horses, large or small, broke or unbroke—no plugs or cripples wanted.

A. H. LANGMANN